



SUBSTANCES OF ABUSE -

BRIEF PROFILES

In this segment of the training, information is presented as Brief Profiles for eight substances of abuse. The information in these profiles may help you as you proceed through the Interactive Group Discussions. They will tell you some of the actions and side effects of the drugs that were chosen for the scenarios. Keep in mind that the information presented in the Brief Profiles does not represent all of the hazards of these drugs. Nor have we presented all the drugs that may be used and abused in the workplace. Rather, the Brief Profiles are intended to be thought provoking and enlightening.

Brief Profiles are presented for the following substances of abuse:

Alcohol
Marijuana
Inhalants
Steroids
Crack
Cocaine
Ice
Hallucinogens



ALCOHOL

Also known as:
Booze, Juice, Brew, Vino, Sauce

You probably know why alcohol is abused –

- Relaxation
- Sociability
- Cheap High



But did you know that –

- Alcohol is a depressant that decreases the responses of the central nervous system.
- Excessive drinking can cause liver damage and psychotic behavior.
- As little as two beers or drinks can impair coordination and thinking.
- Alcohol is often used by substance abusers to enhance the effects of other drugs.
- Alcohol continues to be the most frequently abused substance among young adults.

MARIJUANA

Also known as:

Pot, Grass, Joints, Roaches, Reefer, Weed, Mary Jane

*You probably know **why** marijuana is abused - -*

- Relaxation
- Euphoria



*But did **you** know that -*

- Marijuana may cause impaired short-term memory, a shortened attention span and delayed reflexes.
- **During pregnancy, marijuana may cause birth defects.**
- Marijuana may cause a fast heart rate and pulse.
- Repeated use of marijuana may cause breathing problems.
- Possession of marijuana is illegal in all fifty states.
- Marijuana may cause relaxed inhibitions, disoriented behavior.



INHALANTS

Some of the substances that are abused:

Butyl nitrite, Amyl nitrite • Gas in aerosol cans •
Gasoline and Toluene vapors • Correction fluid, glue, marking pens

You probably know why inhalants are abused –

- Cheap High
- Quick buzz
- Fun



*But did **you** know that inhalants may cause –*

- Loss of muscle control
- Slurred speech
- Drowsiness or loss of consciousness
- Excessive secretions from the nose and watery eyes
- Brain damage and damage to lung cells



STERIODS

Three types of steroids:

Anabolic (male hormone) - steroids most frequently abused

Cortical

Estrogenic (female hormone)

You probably know why steroids are abused -

- Increase strength
- Increase muscle size
- Help muscles recover



But did you know that abuse of steroids may cause -

- Severe acne, rashes, stunted growth
- Sexual function problems
- Women to take on masculine traits, develop hairiness
- Behavioral changes, aggressiveness ("roid rages")
- Long-term effects, such as cholesterol increases, heart disease, liver tumors, cancer, cataracts and death

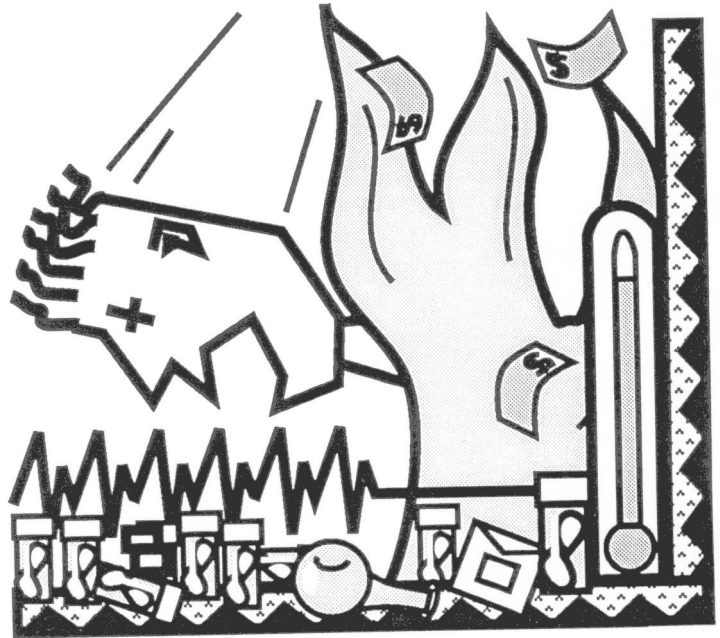


CRACK

Also known as
Crack, “Crack cocaine”, Freebase rocks, Rock

You probably know why crack is abused –

- Quick high
- Power
- Euphoria



But did you know that –

- Crack is almost instantly addictive.
- One use could cause a fatal heart attack.
- Repeated use may cause insomnia, hallucinations, seizures, paranoia.
- The euphoric effects of crack last only a few minutes.
- Crack possession and use are illegal in all fifty states.
- **There are more hospitalizations per year resulting from crack and cocaine use than any other illicit substance.**

COCAINE

Also known as:

Coke, Dust, Snow, Flake, Blow, Girl

You probably know why cocaine is abused –

- Carefree Feeling
- Euphoria
- Relaxation
- In control



But did you know that -

- A cocaine “high” lasts only about 5 to 20 minutes.
- Cocaine use may cause severe “mood swings” and irritability.
- **You need more and more cocaine each time you want a “high.”**
- Cocaine increases your blood pressure and heart rate - particularly dangerous if you have a heart condition.
- One use can cause death!
- Possession and use are illegal and can result in fines and arrest.

ICE

Also known as:
Meth, Crystal, Crank, Methamphetamine

You probably know why ice is abused –

- Temporary mood elevation
- Exhilaration (high)
- Increased mental alertness
- Upper-increase wakefulness



But did you know that –

- Ice is extremely addictive - sometimes with just one use!
- Ice can cause convulsions, heart irregularities, high blood pressure, depression, restlessness, tremors, severe fatigue.
- . An overdose can cause coma and death.
- When you stop using ice you may experience a deep depression.
- Ice causes a very jittery high, along with anxiety, insomnia, sometimes paranoia.

HALLUCINOGENS

Some types of hallucinogens –

- LSD (Acid, Red/Green Dragon) • Ecstasy (designer drug) • PCP (Angel Dust, Loveboat)
- PCP & Cocaine (Beam me up Scottie) • Mescaline • Psilocybin

*You probably know why
hallucinogens are abused –*

- Fun
- Stimulation or depression
- Behavioral changes



But did you know that -

- One use of LSD or PCPP can cause multiple and dramatic behavioral changes.
- Large doses of hallucinogens may cause convulsions, ruptured blood vessels in the brain and irreversible brain damage.
- Many hallucinogens cause unpleasant and potentially dangerous “flashbacks,” long after the drug was used.
- Most hallucinogens cause “hallucinations,” i.e., changes in perception of time, smell, touch, etc.

NOTES